

ABSTRACT

The present invention provides a toner comprising a binder resin, a colorant and an infrared absorbing agent, wherein $\tan\delta$ (loss elastic modulus G'' /storage elastic modulus G') of the toner at 120°C is in the range of 3 to 6, and an image-forming method using the toner in which toner images on a recording medium are light irradiated by a flash lamp having a light-emitting energy of 1.0 to 5.0 J/cm² so that the toner images are fixed on the recording medium.